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The following passage of this introduction was taken from Charles Dicken's A Tale Of Two Cities

It and the rest of the book is an attempt to show every aspect of our lives here. Its main purpose is to serve as a reminder of the good times, so we can cherish them — the bad ones, so that one day we can laugh at them — our accomplishments, so that one day we can be proud of them — and our failures so that one day we can learn from them.



It Was The Best Of Times



It Was The Worst

Of Times

It
Was The Age Of
Wisdom





It

Was The Age Of

Poolishness

It Was Thε Epoch



Of

Belief

<u>It</u>

Was The

Epoch

Of

Incredulity





It Was

The Season

Of Light

It Was

The

Season Of

Darkness



It Was

The Spring

of



Ηορε

It Was The Winter

Of Despair



 W_{ε}

Had Everything

Before

Us





 W_{ε}

Had

Nothing

Before

Us

We Were All Going

Direct

To



HEAVEN

We Were All Going

Direct

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The

Other Way —



– In Short, The Period Was So Far Like The Present

Period That Some Of Its Noisiest Authorities

Insisted On Its Being

Received,

For Good

 O_{r}

For Evil



In The Superlative

Degree Of

Comparison

Only



Board Of Trustees



Chief Justice Lawerence W. I'Anson

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Mr. John T. Kavanaugh



Cdr. L. W. I'Anson



Mr. Malcolm F. Beazley, Jr.



Mr. Eugene C. Lipscomb



Mrs. Francis M. Bush



Col. William E. Haas

President of Frederick Military Academy

The 1976-77 school year at FMA was a year of change, and anybody who can't remember it as a bus year certainly has a short memory. The new dormitory, family-style dining, conversion from detachment t company-oriented programs, competitive intramuals, and a full scale extra-class program — these and othe changes kept all of us busy. As we look back in time over the year, we can all take pride in having been part of something new, difficult, and fine.

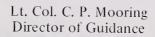
It was my special pleasure to arrive last August to direct the changes. But for one thing, it would have been a grueling year. Put simply, cadets are fun to be with. Your successes, your sorrows, and your prank made it all worthwhile. You're a great group. To the departing seniors, my special thanks for cooperating to make things go. To the returning classes, my wish for an even better 1977-78. God bless you all.



Lt. Col. R. C. Plaine Commandant



Lt. Col. R. Outland Director of Athletics







Lt. Charles Barnes



Lt. Col. R. J. Ayres Director of Instruction



Capt. Alan Cannassa



Mrs. Jo Ann Barnes



Capt. Larry Brinkley



Capt. Doug Cobbs





Lt. Anthony Canu



t. Cdr. R. J. Connell



Maj. J. R. Darnell





Mrs. Cynthia Ghaem



Mrs. Susan Darnell



Mrs. Nell Kent



Capt. Bert Morrison



Maj. Stuart Larson



Mrs. Sandra Ogletree



Lt. Richard Rewis





Mrs. Betty Perkinson

Capt. Delbert Slavens



Capt. H. T. Simpson



Capt. C. A. Smith, Jr.



Maj. Lyndell Stike



Mrs. Marilyn West



Lt. Canu, Mrs. Perkinson, Capt. Cummings, and Mrs. Borum confer at Parent's Day – 1976.



Capt. Cannassa talks with parents.



Mrs. Eulonda Bailey



Mrs. Terry Collette



Mr. Ray Deal



Mr. Robert Doerr

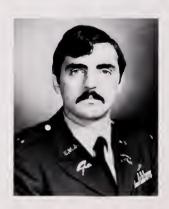




Mrs. Ida Doerr



Mrs. June Edmondson



Mr. Robert McElroy



Mrs. Janice Outland



Dr. W. Pyle



Mrs. Hazel Ray



Mrs. Jeanette Ruiz



Mrs. Clara Wade



Mrs. Philis Wittsel



Barbara Spaner



Mrs. Gladys Warren



Linda Simpson



Mrs. Nieves Stike





Judge I'Anson presenting gifts from the Board of Trustees to Col. and Mrs. Inscoe.

Col. Inscoe presenting diplomas on graduation day.

One of his favorite hobbies was filming the Prep Basketball game.





This is one of the many activities Col. Inscoe arranged for the Cadet Corp.



Good-Bye To Col. Inscoe and Family

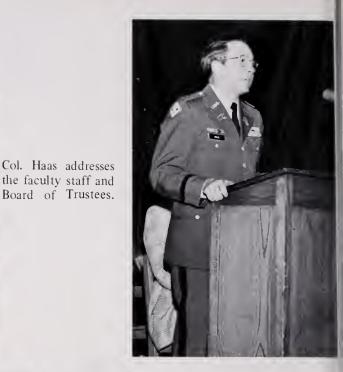
Perhaps the hardest word in the English language is "Good-bye". This year of 1976 Frederick had to say it to Philip G. Inscoe and his family. Jerry, as he was known to his friends, faculty, and staff was President of Frederick Military Academy for fifteen years. He devoted his life, his energy, and his family to put Frederick on the stage as a school to be reckoned with.

His wife, Anne, was as much a part of the school as was Jerry. She was a secretary, the Media Center and reading paraprofessional, and always prepared to be a leading actress in Fredericks' productions.

Good-bye from a grateful school — and our love.







Interview of Col. Haas



From L. to R.: Col. Haas, Mrs. Haas, Cathy, Jane.

Col. Haas addresses the faculty staff and

Mrs. Haas with Mrs. Kent and Mrs. Ghaem.



Hello To Col. Haas and His Family

Frederick Military Academy is honored to welcome Col. W. E. Haas who comes to us with a distinguished background and dedication to a purpose. The Academy awaits with anticipation the progress to which he will lead us.



Battlion



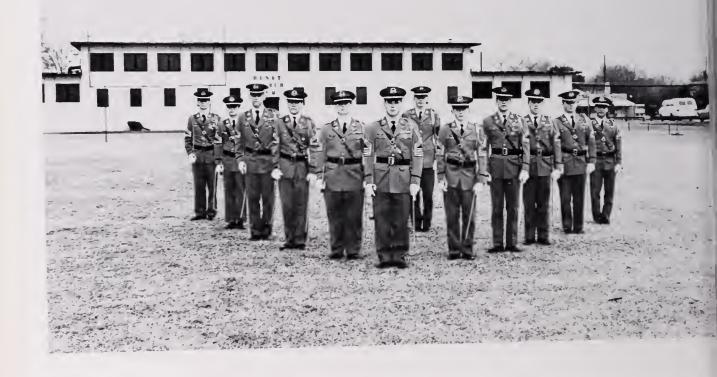
Officers



Commandant R. C. Plaine

t row: 2nd Lt. Mcloughlin, 1st Lt. Mehle, Lt. Col. Harders, Capt. Foreman. 2nd Row: 1st Lt. Strait, 1st Lt. Rossi, 1st Lt. nkoff, 2nd Lt. Chung, 1st Lt. Cook, 1st Lt. Haykin, 1st Lt. Gallihugh. 3rd row: 2nd Lt. Ripley, Capt. Bailes, 1st Lt. rron, 1st Lt. Potter, 1st Lt. Lewis, Capt. Walter, 1st Lt. Gillroy, 1st Lt. Brooks. 4th row: 2nd Lt. Elliott, Capt. L. W. ordner, 1st Lt. Monnette, 1st Lt. Thorne, 1st Lt. Cestrone, 1st Lt. Council.

Battalion Staff



Lt. R. Brooks
Lt. J. H. Parron
Lt. E. A. Council
Lt. C. R. Mehle
Capt. J. A. Campbell

Sgt/Maj. M. B. Foster

Lt. Col. J. A. Harders

Lt. I. Chung Lt. L. N. Minkoff Lt. S. C. Lewis Capt. S. M. Walter Maj. L. R. Liskey



C. C. – Capt. Bordner X. O. – Lt. Gillroy F/Sgt. – Tunstall Sgt. Pagley

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Headquarters Detachment, Company "A"





2nd Platoon Lt. P. A. Cestrone

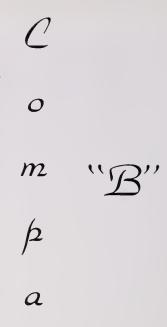








C. C. – Lt. W. J. Bailes X. O. – Lt. R. Gallihugh F/Sgt. – K. A. Bishop Clk. – T. J. Harris



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Headquarters Detachment, Company "A"





2nd Platoon Lt. S. D. Haykin





3rd Platoon Lt. C. T. Monnette





C. C. – Capt. W. H. Foreman X. O. – Lt. H. A. Potter F/Sgt – R. C. Stack Clk. – Sgt. Shuman



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1st Platoon Lt. M. D. Elliott





3rd Platoon Lt. D. C. Thorne



Н E C A D M Q U P A A R N Y T E R S



Lt. Ripley

S/Sgt. Carubba



P L A A T P O O N



Drum And Bugle Corps Lt. Sam Lewis

S.F.C. Charlie Fleetwood Cannon Detachment





COLOR GUARD Cpl. Alex Vega

Lt. John McLoughlin CHURCH RIFLES





The parents, the teachers, the students

 \mathcal{H} o m ε c o m i n



The game



The
Half-time
Activities

The dance





Victory
over
Hampton Roads Academy!

Homecoming Queen

Sandy Doerr and escort, SFC Daniel Ripley





EFT TO RIGHT: Sharon Ruppe, Cpl. Isamer Chung, Claira Ann Freer, Capt. Mark Bordner, Janice Galloway, SFC. Richard Scott, Angel Gorman, Lt. Christopher Monnette, Sue Lewis, Lt. C. R. Mehle, Lisa York, Pvt. J. W. York, Teresa Clements, t. Pete Panzeri, Sandy Doerr, SFC. Daniel L. Ripley, Connie Jordan, Sgt. James Falk, Vada Marie Morse, Pvt. Glen Martin, ricia Benton, Pvt. Don Fitzgerald, Barbara Johnson, S./Sgt. Jeffrey Hux, Jane Haas, Capt. William Foreman, Lisa Haywood, FC. John McLaughlin.

Frederick Clubs included everything from the Newspaper to Wargames. Our Debate teams were winners, and our Armory Staff managed to piece together rifles. All of these clubs helped with the schools over all plan of molding the whole person. Every cadet participated, and learned something new to add dimension to their lives.





Annual Staff

Sitting: K. Wiltshire, L. McAllister, C. Matthews, B. Steen, W. Bailes. Standing: S. Haykin, D. Rossi, J. Lash, G. Ballard.



Editor, D. Rossi; photographer, J. Bourne; Co-editor, C. Matthews; Co-sponsors, Mrs. Perkinson and Mrs. Barnes; Sponsor, Mr. Sale.



The Cannon Report Staff

First Row – P. Panzeri, Editor. Second Row – M. Hodges, S. Haykin, D. Liskey, L. Minkoff, S. Walters, K. Wiltshire, I Johnson. Third Row – C. Mathews, J. Zucker, J. Bailes, K. Tunstall, R. Gallihugh, C. Klein, B. Steen. Sponsors – Cap Morrison and Capt. Cummings. Fourth Row – R. Beltrami, D. Bristow, D. Yon, D. Rossi.

Dedicated To The Cause of Freedom of the Press

The Debate Team

First Row: Col. Haas, P. Ogburn, R. Schmidt, P. Gill, O. Doss, J. Thompson, P. Hunt. Second Row: C. Mehle, P. Cane, J. Brady, D. Yates, G. Holmes, K. Westlund. Second Semester Students — J. Lash, M. Segal, B. McDaniel, J. Wozniak, J. Klar, B. Jessie.



The Debate team, for the school year '76-'77, has done exceptionally well for a first year team. While under the supervision of Col. Haas and Gary Bromley, they have won the following awards as of February 8, 1977.

- 7 two man awards
- 1 four man team award
- 5 third place speaker awards
- 4 second place speaker awards
- 3 first place speaker awards



National Honor Society

Kneeling — J. McLoughlin, G. Maida. 1st row — J. Strait, W. Stack, L. Liskey, E. Council, L. McAllister, J. Harders, K. Tunstall. Standing — D. Rossi, J. Haas, D. Rippley, P. Gill.

The membership of the National Honor Society is scholastically based.



Key Club

t row – J. McLoughlin, A. Ferrer, W. Stack, D. Taylor, G. Seid. 2nd row – D. Rossi, J. Harris, L. Minkoff, K. Tunstall, L. skey, E. Council, S. Walter, J. Harders. Standing – P. Cestrone, J. Parron, J. Haas, D. Rippley, C. Mehle.

The Key Club
is a community service
organization and is sponsored
by the Kiwanis Club.
The members are chosen on
basis of grades, leadership,
and citizenship.



The Spanish Club

The Spanish Club offers a study of the Spanish culture and provides interesting programs for the members.

First Row — R. Gallihugh, J. Harris, S. Walters, J. Hux, J. Vega. Second Row — J. Aguirre, M. Flournoy, J. Campbell, L Cook, M. Foster, K. Liskey, G. Seid, F. Housman, C. Klein. Third Row — Sponsor, Capt. Brinkley, J. Killen, M. Isaacs, P Cestrone, T. Sullivan, D. Allgood, J. Flythe, R. Weimorts, D. Boggs, L. Spratley, R. Lauper.

The French Club provides its members an opportunity to study the French culture.

Members — T. Bailes, Sponsor, Mrs. Borum, R. Gunning, B. McNerney, D. Myers, C. Stultz, D. Taylor.





The Drama Club provides the members a chance to study the techniques of play acting.

First Row – J. Haas, L. Liskey, J. Harders. Second Row – J. Lekli, J. Zucker, S. Wittsell, C. Leggett, M. Berrane, C. Haas. \mathcal{D}

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The Chess Club

Front: G. Griggs, M. Foster. 1st Row: B. Murphy, A. Ledford, B. McNerny, J. Harrington, M. Kochekzadeh, E. Colonna, J. Sigillito, W. Winget, J. Logan. 2nd Row: T. Wilson, S. Hood, M. Isaacs, B. Brown, C. Edwards, A. Brannon, J. Shortt, R. Bentley, T. Bails, R. Portnoy, R. Ryan, J. Flythe, J. Franks, J. Lewis, R. Lauper. Faculty advisor — Cpt. Simpson.

Strategy is the name of this game. These cadets need a lot of cunning and quick minds.



The Glee Club

Sponsor — Lt. Rewis Alumni Director — P. Simner Student Director — N. Bordner

First Row — D. Thackston, J. Waller, J. Wright, M. Gilman. Second Row — G. Seid, F. Leuschen, T. Phelps, R. Ramhoffer, E. Kehayes, M. Segal, J. Baecher, J. Salyers, B. Grady, E. Bying, V. Pomare, R. Miller, K. Wittsell. Third Row — T. Wood, J. Dotson, D. Battaglia, R. Gray, T. Lash, K. Bishop, R. Waters, D. Beazley, F. Alexander, J. Parron, J. Garcia, S. Hillegass.

The members of the Glee Club work hard during the year to provide our students and parents with a winter and spring concert. They are always striving for vocal and artistic perfection.

The Audio Visual Club

The Audio Visual Club studies all audio visual equipment, with special emphasis given to the camera a photography. A slide presentation of the school will be one of the club's goals this year.

First Row – C. Witty, M. Wiltshire, J. Harrington, J. Sigillito. Second Row – H. Zucker, T. Williams, R. Felberg, W. Stack, Jennings. Third Row – M. Belote, M. Koochekzadeh, S. Hood, M. Moran, J. Killen, R. Ryan, Sponsor, Mrs. Darnell, Martin.

Second Semester Students – B. Harrell, J. Maida, T. Ash, D. Yoh, J. Speerman, J. Vega, W. Haas.





Mechanical Drawing

t Row: I. Chung, W. Foreman, B. Lilley, P. Jamer, A. Wozinak. 2nd Row: S. Inman, C. Monnette, M. Johnson, W. atchings. Sponsor, Maj. Darnell.

Mechanical drawing offers Speal training and skills for the math riented cadet.



War Games

1st Row: P. Panzeri, M. Hodges, S. Murry, R. Thomas. 2nd Row: W. Jennette, T. Anglim, S. Cavadeas, E. Langley, M. Rool G. Wilson, D. Leeder, C. Edwards, W. Potter, J. Liles, C. Witte. 3rd Row: J. Eaton, J. Boggs, N. McNerney, M. Stokes, Fitzgerald, M. Mooring, J. Jophin. Faculty advisors — Maj. Larson and Capt. Slavens.

War games is a military affiliated activity where they play combat stimulated games.

The Models Club





Models II. 1st row — M. Johnston, A. Ledford, J. Lewis, R. Murphy. 2nd row — M. Belote, J. Campbell, W. Stack, T. Anglim. 3rd row — R. Brooks, R. Portnoy, K. Walla, H. Davis, B. Brown, M. Mooring.

Infirmary Staff

L-R: S. Kavadias, Dr. Doerr, N. McNerney
The infirmary staff devotes hours assisting
Dr. Doerr in taking care of the medical needs
of the corp.











Student Chaplains

L-R: W. Foreman, C. Monnette, J. Hopkins, D. Thorne

The student chaplains are those cadets who are interested in assisting Chaplain Haas with the religious services.



Cafeteria Staff

Row: J. Bourne, R. Brooks, Mrs. Wade — Dietician, J. Flythe, J. Boggs. 2nd Row: B. Murphy, J. Lekli, T. Williams, W. ackston, M. Gillman. 3rd Row: D. Fitzgerald, R. Fitzgerald, K. Walla, R. Durrance, A. Brown, Mrs. Tilleroy, G. Stamper, M. les, T. Phelps.

Range Staff



L-R: D. Fitzpatrick, M. Moore, G. Seid, G. Griggs, G. Seid, E. Council, C. Nuckols, L. Spratley, D. Boggs.

Armory Staff



Front: D. Boggs. 1st Row: D. Fitzpatrick, G. Griggs, M. Moore, L. Spratley. 2nd Row: C. Nuckles, G. Seid, T. Anglim, Geid.



N.R.A.

t Row: M. Moore, G. Griggs, C. Nuckols, D. Fitzpatrick, D. McCain. 2nd Row: D. Ripley, L. Smoot, B. Brown, J. Jennings, Seid, J. Rusmiselle, G. Seid, L. Spratley, H. Norman, E. Council. Faculty advisors — Maj. Larson and Capt. Slavens.

The National Rifle Association Frederick is made up of those dets who wish to learn the skills f handling and firing a rifle.

Mutability

Though laden with tradition Frederick is not immune to change. One of the more apparent alterations the construction of a new dormitory, it is the first of many major changes planned for the physic appearance of the campus.











The Military Ball



Lord, would you look at that 6 ft. roach!



I think, I just stapled my leg.



I'm so excited I could just . . . !



The Grand March





Smile, Ken doesn't dance that bad, does he?



Shake a leg, Pete!



Let's watch those hands, now!



Frederick's Eiffel Tower



Our players are always prepared.



"I think those guys are after me."



A place for everything . . .



... and everything in its place.



Sgt. at arms — Jeff Campbell, V.I Shon Walter, Sec. — Jane Haas, Trea: — John Harders, Pres. — Pat Gillroy.

The senior class has been challenged with leading, the corps during a year of trying times and change. They have arisen to the occasion with prestige, dignity and stamina. Congratulations to the class of '77 and good luck in the future.

The Class of



William Joseph Bailes, Jr.



Kerry Alexander Bishop



Nathaniel Mark Bordner, III



Jefferson Andrew Campbell



Peter Andrew Cestrone



Edward Augustus Council, III



William Harold Foreman, Jr.



Jane Elizabeth Haas



John Andrew Harders



George M. Holmes



Samuel Chamberlain Lewis



Lee Roy Liskey, Jr.



Cynthia Lynne Matthews



Charles Ramsey Mehle, II



Christopher Thomas Monnette



Peter Francis Panzeri, Jr.



Aleyandro Ildefanso Vega Sanchez



Julio Armando Vega Sanchez



John Leonard Strait, Jr.



Daniel Craig Thorne



Shon Merritt Walter



Roy Thomas Waters, Jr.



Kenneth Richard Westlund



The Prep Class



Doug Bowlby



William Brafford



Paul Carrubba



James Falk



Joseph Grasso



Joel Morris



Kevin Newton



James Parhams



Tommy Price



Bobby Vaughan

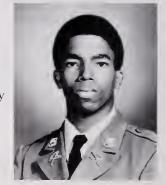


Stanley Williams

The Class Of 1978



F. R. Alexander



D. K. Beasley



R. Borum



F. J. Bourne



R. L. Brooks



G. L. Chiles





L. M. Cook





M. D. Elliott

W. D. Fitzgerald



W. R. Fitzgerald



M. B. Foster

L. A. Fronkier





R. Gallihugh



P. Gill







S. D. Haykin





S. A. Inman



P. T. James



J. A. Killen



M. Koochekzadeh





J. W. Lash





C. Leggett

K. S. Liskey



E. McAllister



J. F. McLaughlin

G. J. Maida





G. C. Martin





M. W. Moran







M. C. Paoni



H. B. Patterson



D. L. Ripley



A. W. Stack



G. Standal





J. K. Tunstall





R. T. Weimorts

J. A. Wetmore



K. Wiltshire



W. A. Winget

S. W. Wittsell





D. E. Allgood



D. R. Arnold





T. E. Bailes



R. P. Bentley



D. P. Berry Jr.



A. C. Brannan



B. W. Brown



R. G. Cardenas



J. A. Carter



S. R. Crawford



H. S. Davis



A. J. Dotson, Jr.



T. L. Drummond



G. R. Durrance



J. D. Eaton



A. Edmonds



R. F. Edwards, Jr.



A. B. Ferrer



C. P. Fleetwood



J. J. Flythe, Jr.



B. R. Grady



R. D. Grimm



A. S. Hargroves, IV



R. B. Harrison



M. T. Hines



F. H. Housman



S. J. Ihlenburg



J. G. Jennings, Jr.



D. A. Johnson



M. D. Johnston



S. G. Kavadias



E. G. Kehayes



R. A. Lauper



D. A. Lewis



B. C. Lilley



J. Maida



C. D. McNerney III



N. S. McNerney



J. S. Mahan



S. G. Murray



A. L. Newman



H. E. Norman, Jr.



P. G. Ogburn



C. L. Renfro



R. A. Schatz



K. P. Schumann



R. C. Scott



M. K. Segal



G. T. Seid



J. J. Sigillito



C. L. Šmith



D. E. Smith



L. A. Smoot II



R. C. Spelman



D. B. Taylor



S. D. Tolison



W. C. Walter



J. K. Wickers



T. M. Wood



R. L. Yingling



J. M. Zucker

Intermurals At Frederick Volleyball





Mother you've got to be kidding!



"O.K. worms, next one who talks gets it in the knee cap."



"Look Sarge we've got to stop meeting like this."



Please don't throw the Charmin!



Stick us will you!



O.K. It's all clear, let's head for AWOL hole no. 3.



J. P. Bacher



M. G. Belote



R. M. Beltrami



G. G. Berry



J. M. Bigelow



J. B. Boggs



S. G. Briggs



A. C. Brown





H. R. Brown



J. I. Cooley



J. A. Cronly



D. C. Cummings



W. M. Davis



G. L. Dodd II



H. B. Dowse III



C. A. Edwards



M. D. Flournoy



J. Franks



E. B. Foster



K. I. Frohlic



G. O. Garcia



R. A. Gray



W. S. Gunning



C. L. Haas



J. Harrington



B. M. Hargrave



M. D. Hodges



S. J. Hood



J. F. Hopkins



P. J. Hunt



M. W. Hutchings



M. W. Ingram



B. D. Jessie



G. J. Johnson



M. M. Johnston



J. E. Joplin



C. J. Klein



J. T. Lash



D. K. Leeder



J. G. Lekli



J. E. Lewis



J. G. Liles



J. D. Logan



M. R. McCain



T. R. McClain



B. C. McNerney



R. Murphy



C. G. Nuckols



R. J. Veliez



M. Roohi



S. R. Ryan



D. F. Schenk



G. A. Seid



E. R. Smith



V. T. Smith



L. E. Spratley



R. C. Stack



M. T. Stallings



G. L. Stamper



E. A. Steen



R. A. Thomas



T. E. Thomas



J. M. Vandevander



T. D. Williams



M. A. Wiltshire



D. R. Yates



D. H. Yon, Jr.



J. W. York





H. T. Zucker



The Class Of 1981



J. L. Aquirre



F. M. Alvey



T. Anglim



D. R. Battaglia



W. E. Bonney



E. W. Byng



E. T. Colonna



O. R. Doss



D. E. Durrance



M. J. Gilman



B. R. Harrell



J. W. Haynes



J. C. Headley



S. F. Hillegass



M. Hix



J. L. Holmes



W. H. Jennette



J. E. Joplin



A. A. Kent



J. D. Klar



A. T. Ledford



F. W. Leuschen



D. I. McCain



R. E. Miller



C. D. Moloney



M. J. Morring



D. B. Myer



R. P. Painter



G. P. Pickering



T. D. Phelps



V. V. Pomare



W. F. Potter



R. C. Ramhofer, Jr.



J. A. Slayers



B. S. Sedberry



R. W. Smith



C. D. Stultz



J. H. Thompson



M. J. Wiggins



G. B. Wilson



T. C. Wilson



K. J. Wittsell



C. P. Witte



J. T. Wright



Sports at Frederick

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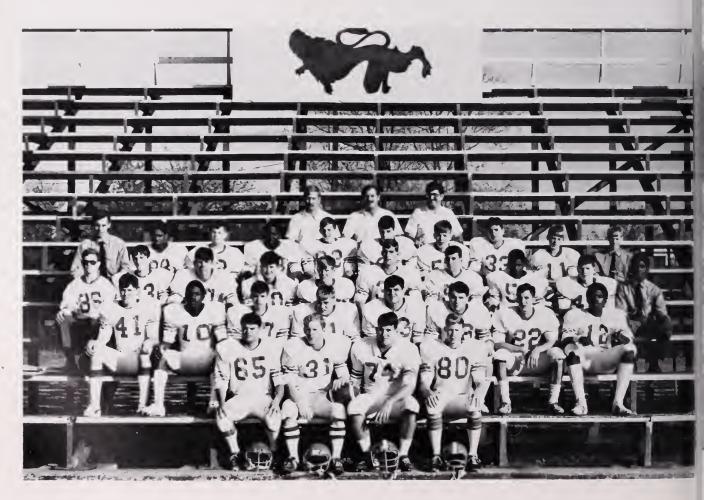
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Football Team 1976

From I. to r.: H. A. Potter, C. S. Moolhuyzen, P. A. Gillroy, K. A. Bishop, M. D. Johnston, L. Blow, M. D. Elliot, S. E. Ha M. C. Paoni, T. J. Sullivan, M. Oglesbee, D. K. Beazley, D. R. Arnold, S. R. Crawford, D. B. Boggs, H. E. Norman, K. I Sedberry, N. S. McNerney, R. Durrance, T. L. Drummond, H. T. Zucker, D. C. Thorne, J. W. Lash, R. P. Bentley, G. I Dodd, J. I. Cooley, J. M. Vandevander, J. A. Cronley, J. M. Bigelow, A. C. Brown, R. C. Stack, B. S. Sedberry, COACHES Smith, Cobbs, Cannasia.





potball Coaches: Head Football Coach — Capt. Doug Cobbs, Asst. Coach — Maj. Sandy Smith, Asst. Coach — Capt. Al innassa.



Team Captains from L. to R. C. S. Moolhuyzen, P. A. Gillroy, and H. A. Potter.

1976 High School Dootball Scendule

A - 3	Sponents F.M.	1.A
Sidwell Friends School	34	7
Tidewater Academy	12	70
Manteo High School	0 \$ 2	25
Christchurch School	10	7
Hampton Roads Academy	21	24
Norfolk Catholic H. S.	< ₹)47	8
Tabb High School	Vie 7.	0



Soccer Team 1976

From I. to r.: Coach Milos, Mg. H. Brown, G. Maida, R. Shotz, J. Vega, J. Harders, A. Vega, P. Schuman, I. Chung, C. Mcnerney, Coach Barns, M. Suarez, M. Hix, G. Chiles, P. Cane, F. Houseman, J. Bailes, M. Koochekzadeh, D. Johnson, W. Walters, M. Johnston, Mg. T. Bailes, K. Whittsell, C. Stultz, P. James, W. Davis, D. Rossi, S. Wittsell, C. Klien, J. Harrington, T. Maida.

First String



1st Row: I. Chung, P. Schuman, J. Harders, A. Vega, C. McNerney, R. Shatz, M. Koochekzadeh. 2nd Row: Mgrs. J. Maida ar H. Brown, Coach Barns, W. Bails, J. Vega, M. Suarez-Roces, G. Maida, J. Vega, Mgr. T. Bails.

1976 Soccer Schedule

	Opponents	F.M.A.
Peninsula Catholic	2	2
Barry Robinson	1	1
Norfolk Collegiate	7	0
Portsmouth Catholic	3	1
Norfolk Christian	2	0
Norfolk Collegiate	1	0
Portsmouth Catholic	3	0
Barry Robinson	1	2
Norfolk Christian	2	1
Eastern Academy	1	3
Peninsula Catholic	1	1





Sam Chung on the go



Pete Schuman & Joe Bailes scrimmage



Charles McNerney doing his thing



Prep Basketball

J. Parham, P. Carrubba, J. Grasso, J. Falk, T. Price, D. Bowlby, S. Williams, S. Kroll, J. Morris, B. Bradford, K. Newton, Vaughan.



Coach Rufus Outland



Bobby carries the ball again!



Post-Graduate Basketball Schedule

CHRISTOPHER NEWPORT COLLEGE J.V	20	F.M.A.		OPPONENT
RANDOLPH-MACON J.V.'S	. 5	60	5 es J	63
COLLEGE OF THE ALBEMARLE		00	20	56
INVITATIONAL TOURNAMENT			- 20	
	F.M.A.	91	C.O.A.	99
	F.M.A.	78	F.U.M.A.	70
COLLEGE OF THE ALBEMARLE	-	77		66
NEWPORT NEWS APPRENTICE SCHOOL	(E) (E)	86		71
NEWPORT NEWS APPRENTICE SCHOOL	ж а		1	
INVITATIONAL TOURNAMENT	34	55 (E)	ALC: UNKNOWN	
20 000	F.M.A.	71	F.U.M.A.	59
	F.M.A.	5,5	_N.N.A.	53
LENOIR COMMUNITY COLLEGE	248	83	1	72
LOUISBURG JR. COLLEGE	8.W	83/	7	81
CHOWAN JR. COLLEGE	50	104	A	81
MT. OLIVE "PICKLE CLASSIC"	O.III	455 10		
la constant de la con	F.M.A.		MT. OLIVE	76
LENOID COMMUNITY COLLEGE	F,M.A.	80	LOUISBURG	
LENOIR COMMUNITY COLLEGE 22 LOUISBURG JR, COLLEGE		69 68	TITE I	68 91
NEWPORT NEWS APPRENTICE SCHOOL		87	113 7	91
RANDOLPH-MACON J.V.'S		=76		73
UNIV. OF N. CARO. AT CHAPEL HILL J.	v 's	81		75 75
CHOWAN JR. COLLEGE		74		77
CHRISTOPHER NEWPORT COLLEGE J.V	.'S	69	R-Marine	60 =
COLLEGE OF THE ALBEMARLE		79	100	77
FREDERICK MILITARY ACADEMY	Miles A			
INVITATIONAL TOURNAMENT	1.3	504 _	50	
FORK UNION MILITARY ACADE	MY	-1	LN S	100
MASSANUTTEN ACADEMY		-1		DP /
NEWPORT NEWS APPRENTICE SO	The second second			1
FREDERICK MILITARY ACADEM	IÝ		On the St	1 16

FIRST PLACE

Varsity Basketball

First Row – R. Walters, L. Blowe, D. Castrone. Second Row – K. Tunstall – Manager, A. Harris, W. Stack, D. Beazley, J. Killen, H. Patterson, T. Haas, J. Eaton, A. Edmonds, Coach D. Cobbs.



The High School Basketball Schedule Varsity

	F.M.A.	OPPONENTS
BOLLINGBROOK	52	50
NORFOLK COLLEGIATE	66	62
NORFOLK CHRISTIAN	78	70
HAMPTON ROADS ACADEMY	64	74-
NORFOLK ACADEMY	71	72
PENINSULA CATHOLIC	67	54
NORFOLK CATHOLIC	43	84
EASTERN ACADEMY	63	53
BARRY-ROBINSON	74	64
PORTSMOUTH CATHOLIC	55	67
TIDEWATER ACADEMY	66	62
NORFOLK COLLEGIATE	68	90
EASTERN ACADEMY	72	62
NORFOLK CHRISTIAN	75	82
HAMPTON ROADS ACADEMY	59	55
TIDEWATER ACADEMY	77	63
PORTSMOUTH CATHOLIC	8	76
BOLLINGBROOK	89	65
NORFOLK CATHOLIC	98	87
BARRY ROBINSON	78	65
	10.400	

TIDEWATER CONFERENCE TOUR, AMENT ODU FIELDHOUSE



Chip tossing it up, up, and away!



J. V. Basketball **OPPONENTS** F.M.A. **BOLLINGBROOK** NORFOLK COLLEGIATE NORFOLK CHRISTIAN HAMPTON ROADS ACADEMY NORFOLK ACADEMY NORFOLK CATHOLIC BREWBACKER ACADEMY BARRY-ROBINSON PORTSMOUTH CATHOLIC TIDEWATER ACADEMY NORFOLK COLLEGIATE BREWBACKER ACADEMY NORFOLK CHRISTIAN HAMPTON ROADS ACADEMY TIDEWATER ACADEMY PORTSMOUTH CATHOLIC BOLLINGBROOK NORFOLK CATHOLIC **BARRY-ROBINSON** PENINSULA CATHOLIC



The Junior Varsity Basketball

Front: Mgr., D. Lewis, Coach Barnes. Standing: P. Schuman, K. Sedberry, B. Hargrave, J. Baecher, C. Fleetwood, R. Bentley, D. Taylor, J. Haas, R. Scott, B. Scott.

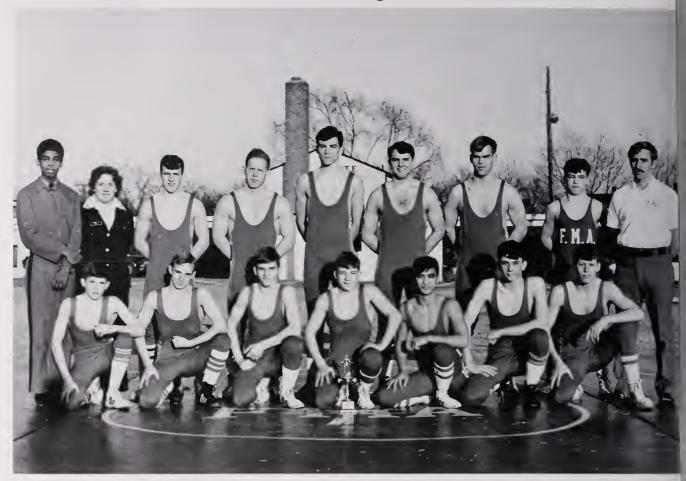


A down court move led by Jimmi Baecher and Ricky Scott.

Prederick Military Academy "Lions" Wrestling Schedule 1976-77

3.5		
	Frederick	Opponent
Norcom High School	44	18
Northeastern High School	40	32
Cradock High School	21	29
Western Branch High School	35	21
Norfolk Academy	Third Place	
Invitational Tournament		i = i
Nortalk Cath, High School	38	21
Barry Robinson High School	63	6
Poquoson High School	21	37
Norfolk Collegiate High School	33	28
Wilson High School	47	16
Walsingham Academy	42	18
Granby High School	29	30
Barry Robinson	59	6
Essex High School	30	22
TCIS Wrestling Tournament	Fourth Place	
at Norfolk Academy	1 2	
Norfolk Academy	16	32
State Wrestling Tourney at	Sixth Place	
Woodhows Forest School		

The Wrestling Team



Front: D. Liskey, R. Shatz, D. Leeder, T. Harris, I. Chung, T. Bailes, J. Harris. Standing: Mgrs., D. Thorne, J. Zucker, I Gallihugh, C. Moolhuyzen, C. Monnette, T. Sullivan, E. Council, G. Dodd, Coach Smith.



Mike Hodges controls his man.



Cheerleaders



Prep Cheerleaders

MARY SLADE

SHARON STORMS CONNIE JORDAN SANDY DOERR TAMMY GAYLE



Varsity Cheerleaders

SHERRI PENLEY K.
JOHNNA GODWIN

KATHY LISKEY KATHY WILTSHIRE

HIRE LISA HAYWOOD LYNN BUNTING



J. V. Cheerleaders

PEGGY SCRUGGS MAC STOKES

STEVE WITTSELL FREDDY THE LION

CATHY HAAS

CURTIS LEGGET



MRS. JANICE OUTLAND

Sponsor

THE FALL INTRAMURAL PROGRAM CONSISTED OF COMPETITIVE:

VOLLEYBALL

TENNIS

SOCCER

KARATE

AND

TOUCH FOOTBALL

WHILE HAVING MUCH FUN, WE LEARNED THE IMPORTANCE OF

PHYSICAL ACTIVITY, THE ATTRIBUTES OF THE GAMES,

BUT

ABOVE ALL GOOD SPORTSMANSHIP





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THE BOOSTER CLUB IS AN ORGANIZATION FOR PARENTS AND TEACHERS CONCERNED WISTUDENT BODY.

THE BOOSTER CLUB DOES A FANTASTIC JOB F KEEPING MORALE HIGH AND MAKING LIFE T F.M.A. MUCH MORE LIVABLE. THEY HAVE SPC-SORED SUCH PROJECTS AS

DANCES
RAISING FUNDS TO MAKE
IMPROVEMENTS TO THE
CAMPUS

AND SO MUCH MORE

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BOOSTER CLUB PRESIDENT J. M. FOSTER



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C L u B





To the new cadet, the military procedures can be confusing, but in time, they become a way of life for each cadet.





At Frederick, the rules and regulations are to be followed by everyone. When they are broken, the individual must suffer the consequences.







You work hard, and you think that you have it right, but there's always someone to say "You can do it better."



Always someplace to go and something to do. The rush never seems to end.



When you are winning, it seems like you are on the top of the world with everyone behind you.













When you have lost, you feel all alone with not a friend in the world.



We may be a small school, but you can always find a friend.





Hardwork and the coping with duties reaps a feeling of achievement and honor.





To get someplace, there always seems to be numerous channels in the way.





Traditions are for remembering and keeping certain ideas alive. Frederick is tradition.





Frederick strives on teamwork and the idea that everyone should do their best no matter how small the task is.







There are a lot of moments in the making of a memory.



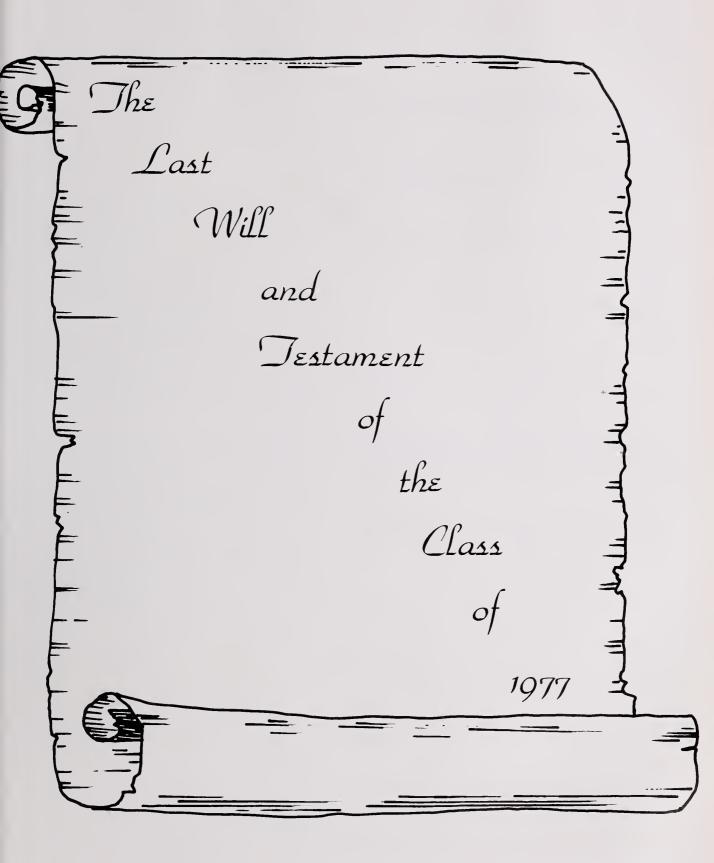




This is the Frederick experience.







Being of Sound Mind and Body . . .

Ali.

Joe Bailes would first of all like to leave my knee brace to Coach Smith and hope it will never be filled again.

To Ms. Sparrow, the librarian I leave now, to back 10 yearned and see you again.

To Col. Haas I leave four extra three minute showers and all the hot water in the world and all the problems of Frederick.

To the future company commander of "A" company leave the best tact officer there is and a sharp comparkeep it going.

To Col. Ayers I leave his typing class and all the paddles in the world.

To the Corps of Cadets, I leave!

To Mac at the Supply Hall I leave all those darn rain coats and battle jackets etc. that we spent so long looking up.

1 Jeff Campbell leave the Junior Class the luck of a go year.

To Maj. Larson I leave the best Hall on campus (Brown). Also I leave him a good company commander. Who ever it may be.

To the senior class I leave great times and the hopes f success in life.

To Lt. Lewis I leave all the Frank Zappa albums in the world.

To Jimmy Parron I leave luck and a picture of Charles M.

To Coach Barnes I leave nothing because all that soccer I learned from him I am taking with me.

To John Hardes I leave a West Point uniform to sleep in.

And to the Frederick Military Academy wrestling team I leave all my sweat, my blood, my tears and my good times that I shared with the team during the good and bad times we had. Good luck in the future.

To the "Cookie Monster" I leave a picture of Mohamm-

To Mike Elliott I leave a three minute timer for his showe

I Mark Border leave to Maj. Larson a survival kit and compass for when he goes to inspect my room.

To Coach Smith I leave Paul Forte and Shon Walter.

To Col. Plaine I leave four Years of excellent military guidance and the thought that you are "Frederick."

To Col. Plaine I also leave sincerity for this year at Elizabeth and years of good luck.

To John Hardess I leave a set of neon-lighted pips so he can wake up at night and make sure they are still there.

To Pat Gillroy I leave Parrish Hall along with patrols of tl tracks and all the other good times.

To Col. Haas I leave a 12 gallon bottle of Grecian formula 16 for all the grey hairs obtained this year.

To Chewy (Louis Fronkier) I leave the memories of all the good times together and wish the best of luck in finding the right girl.

To Lee Liskey, I leave the art of your hit and miss technique.

To Frederick I leave with great pride and thanks for every thing it has done for me. John Strait, do hereby leave to Lee Liskey, a second try.

o Shon Walter, the bathroom wall in Morris 4B,

To Major Sale I leave thanks for help received in English his year and hopefully the remnants of sanity he has left fter 5th period.

To the football and soccer teams I leave best wishes for a good season next year.

And Finally to Frederick I leave my sanity.

Daniel Thorne, hereby leave the world the 8th wonder – F.M.A.

I Alejaudro Vega Aauchey, I would like to say these couple of words for two years in this school, I learn many things from this place, also from the members of the school and with their help to pass in every subject, and to all members I say thank you for all your help to me and thanks for helping me learn English, which is going to help me very much in life.

Now I am ready to leave and I want to say to Coach Barnes I had really good times playing soccer and I want you to have a good team next year and good luck.

I Shon Merritt Walter do hereby leave Mr. Jeffery who helped me through the three years of cataclysmic disaster, all my talent imitating David Bowie and one Todd Rundren initiation album cover with no L.P.

To Sam Lewis I leave a key to my office and my deep thanks for a great friendship.

To Randall Brooks I leave an endless recording of OM NAMA SHIUAYA.

To my little brother I leave one toilet handle, one picture of Hx and my thanks for being my brother.

To Mrs. Smith I leave thanks and appreciation, "Mrs. Smith, you make great brownies."

To Pat Gillroy I leave a copy of "The Last Train to Clarksville" by the monkees, produced by Roger Daltrey.

To the little red head on campus I leave a copy of the song "Don't you ever learn".

To Brian McHerney, I leave my ability to do as good as possible only to blow it by having a friendly "party".

To John Hopkins, I leave the honor, the pride, loyalty and the knowledge of a military system. Use it wisely and you will achieve anything you can wish for.

To Lee Liskey, I leave Eliabeth Homer and 1 neon sign reading, "Welcome to the Hotel Liskey".

To Jeff "Whimpy" Campell, I leave a gold plated set of tools, so he may establish his mechanical ability.

To Bill "Yok" Foreman, I leave 1 book on water skiing and the hope that he reads it. I also leave memories of good times at Frederick.

I Chris Monnette leave Maj. Darnell's class next year 3 free visits to the Chaplain, because they will definitely need it. They will have a personal problem. Also my "Solid State Polish Digital Calculator."

I leave Maj. Sale all of my stupendis stupidity to illuminate and illucidate his entire year.

I leave to Col. Haas my 3 min. timer for mounting on his bathroom wall.

To the Junior class, I leave English IV, Government, Physics, and all the nights of enjoyment that go along with them.

I Chris Moolhoyien leave to Jeff Harris a two week supply of black socks, so he won't wear the same ones for a week.

To Lt. Rewis that Chemistry book "Solving Chemistry Problems Step by Step" which didn't help me a bit.

To the people in Fox Hall, I leave the record for atomic set-ups light in ten minutes.

the team and best of luck next year.	10 Coach Cooo, a coupee.
I Pete Panzeri, leave to Col. Haas, a haircut and a set of Lt. pips that have been on and off my shoulder for 9 months.	To Coach Cannassa, 10 lbs. of moustache wax.
	To Dayrl "The Bandit" Beasley, most of the co-ed.
To Maj. Darnell, I leave a Frog with Wings, so it won't bump into its teacher.	To Col. Haas, my three minutes of hot water.
To Maj. Sale I leave a toilet seat with sensitivity.	Kathy Wiltshire, memories of good times.
To Lt. Rewis I leave "Hot Spit".	
	Mrs. Sparrow, a bottle of no-dog.
To John Harders I leave my coveted position on the Battalion Staff.	To Col. Plaine many thanks.
To Lee Liskey I leave a beautiful blonde named Michelle.	To Thorne "smutt puppy" all the Burger Chef Hamburge he can eat.
To the Preps I leave II cards of membership to the Fun Club.	
To John Mcloughlin 1 leave all of Tunstalls Fireworks, and the Star Spangled Banner.	I Edward A. Council bequeath the following: To Randa Brooks, I leave my pet skippy and pair of scissors.
To Kerry Bishop I leave my wabbit ears and a case of carrots.	To the Jr. Class I leave \$1.99 to spend on next year's Jr Senior dance.
I Al Potter am leaving F.M.A. with joy and happiness. Behind I leave fond memories of the good times and bad	To Lee Liskey, I leave a scope and a new pair of glasses to improve your aim.
memories of the bad times.	To Jeffery Harris, I leave you all my knowledge on being: fine cadet.
I leave to Coach Cobbs, the best of luck in football and basketball next year.	To Joe Bailes, I leave you a new rope for your truck ir hope it will hold it down.
To Wayne Stack, I leave (hopefully) a starting position on the basketball team next year.	To Col. Haas, I leave you only 3 min. to take your shower.
To Sam Lewis I leave a box on wheels and DB to home for the summer.	I William Foreman do hereby split up my estate to the following manner.
I Pete Cestrone leave: David Boogs a pack of cigarettes so he won't have to take Mrs. Collettes' used ones.	To Lee Liskey I leave one book called 101 ways to pick up a Norfolk Catholic Cheerleader.

To the wrestling team I leave, all the enjoyment I had on To Coach Cobb, a toupee.

To Coach Cannassa I leave one unused American Government Text Book.	To Maj. Darnell I leave with two good years of calculus.
To Shon Walter, I leave one very scratched David Bowier Record.	To Pat Gillroy I leave one hallfull of Spaniards and an extra set of pips since rank comes first.
To Col. Plaine, I leave my great respect and admiration for the job he has done.	To Whimpie Campell I leave one date with Johnna Godwin and six weekends of duty.
To Maj. Larson I leave my best wishes for next year.	To John Hardess I leave with one year of great friendship and two weekends of ski trips.
I Pat Gillroy leave a large helping of salad for the weight he never lost.	To Sam Lewis, I leave a book onhow to overcome hyperactiveness.
To Whimpey I leave my patrol pass and a pair of long underwear for the cold nights.	To Maj. Larson I leave my thanks for straightening up many of the problems.
To Wayne Stack, I leave my S.A.T. scores and my knowledge of the German Language.	I Cindy Matthews bequeath: To Chip Council, all my notes on Shakespeare for his edification, gratification, education and knowledge.
To Lee Liskey, I leave another Xmas with his overseas family and a pair of black socks.	To Mark Bordner: one bottle of No-Doz for the next
	government class he's in.
To Coach Cobbs I leave a life supply of chow hall tea and my experience as a football coach.	To Pat Gillroy, a copy of my first book "How to Party the
I Lee Liskey, leave the following:	Right Way''
To Col. Plaine, I leave my thanks. Without him the corps would have been lost.	To Randall Brooks (The Sailor) my concert kit consisting of 2 packs of candy cigarettes, one 6 pack of Dr. Pepper, and 3 sticks of Juicy Fruit Gum.
To Col. Ayers one page full of Thank-you's for those many "breaks" you've cut.	To Gary Griggs my philosophy on life, love and the pursuit
To Col. Mooring I leave my special thanks for helping me	of fun.
get into college.	To Lee Liskey, my secret on getting a tan.
To Maj. Sale I leave all of my Angelic talent in acting, a 48 hour day, and my thanks for a great learning year in English.	To Col. Ayres, a wish — "May the Bird of Paradise peck a hole in your paddle."
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To Lt. Rewis, a copy of my chemistry tests for his "believe it or not."

AWOL routes.

To Maj. Sale, many thanks and my deepest appreciation.

To Col. Haas, I leave scrolls on the Roman's methods o handling troops and taking baths.

I Charles R. Mehle after 3 years at this fine institution leave the following: I Mike Isaacs, leave Maj. Sale my English Grammar book and hope that he can make more sense out of it than could.

To Col. Haas, I leave him one spare tire, and 7 3rd place debate trophies.

To Lt. Rewis, I leave my chemistry book.

To Lonnie Blow, I leave the hope that he can get away from the "Mist".

To Frederick Military I leave!

I Jane Haas leave my entire collections of excuses for getting out of any species of sticks to all cadets in need.

I Samuel C. Lewis leave to my best friend Shon Walter the bathroom wall out of Morris 4B and the best life a persor could have.

To our illustrious English instructor, Maj. Sale, I leave Webster's Third International Dictionary so he can finally learn the meaning of all those big words he uses.

To Pat Gillory I leave a memory of a night on the R.R tracks.

Finally, To all those who are frustrated and would like to know how to express themselves, I leave my unique ability to turn completely scarlet red. To my three Supply Sgts. I leave all the toilet paper for next year.

I John Haders leave the following: To Col. Mooring, five free school paid ski-lessons.

To Maj. Sale, I leave his class feeling 3 inches tall.

To Maj. Sale many thanks.

To Mrs. "E" and Mrs. "C" all my love.

To Lee Liskey, farewell to a great friend.

To Coach Canassa I leave a road map to Portsmouth Catholic and to the all night 7-11.

To Lt. Acosta, the revised addition of the maps on the

To the rest of the Corps I leave F.M.A.

A Letter From The Editor

I address this letter to the Board of Trustees, administration, faculty, parents, alumni, and corps of cadets.

In these next few words I hope to establish a precedent among all my successors by discussing the annual itself, the theme, the people responsible, generally what it takes to publish the book.

When I accepted the position as editor I had no experience nor did my staff. I immediately realized the responsibility I was undertaking, for to produce a yearbook today is a very serious and expensive venture.

Likewise I approached the overall theme with a serious tone, I attempted to establish a historical, pictorial, commentary of the events and atmosphere of the campus.

I would like to take time now to recognize those who were instrumental in attaining this goal.

Major Sale for without his invaluable experience, advice and special talent all would have been lost.

Mrs. Perkinson and Mrs. Barnes, the staff's other faculty advisors, their time and patience is most gratefully acknowledged.

Joe Bourne, our lone photographer whose dedication and efforts will not be soon forgotten.

Cindi Matthews, my co-editor who stuck it out and came through when it was needed the most.

In closing I would like to say that, in attempting to produce a quality product the staff soon encountered immense difficulty. Weather conditions cut our deadlines very short and trying to organize time and people who both at times were not very cooperative.

But overlooking the weak points and there are a few I will admit, I believe 77 is an improvement and hopefully a pacesetter in the years to come but our success will be measured only in your estimation on whether we succeeded in accurately portraying Frederick.

Respectfully,

Deborah L. Ross

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